

# Breakfast Meal Pattern 2019-20

## 7-Day Week

	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fruits (cups) <sup>a c e</sup>	Weekly: 7 cups Daily: 1 cup				
Vegetables (cups) <sup>a c d e</sup>	0 cups required daily There is no separate requirement to serve vegetables in the SBP. Schools may substitute vegetables for fruit.				
Grains (oz eq) <sup>b f</sup>	Weekly: 10 oz eq Daily: 1 oz eq	Weekly: 11 oz eq Daily: 1 oz eq	Weekly: 11 oz eq Daily: 1 oz eq	Weekly: 12.5 oz eq Daily: 1 oz eq	Weekly: 12.5 oz eq Daily: 1 oz eq
Recommended Target Maximum for Grains: 14 oz eq per week for all age-grade groups					
Meats/Meat Alternates (oz eq) <sup>b g</sup>	0 oz eq required daily There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit the item towards any component.				
Fluid milk (cups) <sup>h</sup>	1 cup daily for all age-grade groups				
Other Specifications: Daily Amount Based on the Average for a 7-Day Week					
Min-max calories (kcal) <sup>i j</sup>	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories) <sup>j</sup>	<10				
Sodium Target 1 (mg) <sup>j</sup>	≤540	≤600	≤540	≤640	≤540
Trans fat <sup>k</sup>	0 grams/serving				

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
- c. Dried fruit credit double their volume (e.g. ¼ cup of dried fruit credits as 1/2 cup of fruit); No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength juice.
- d. Leafy green vegetables credit half their volume (e.g. 1.0 cup of leafy greens credits as 1/2 cup of vegetables).
- e. Schools must offer 1.0 cup of fruit or vegetables daily and 5.0 cups of fruit or vegetables weekly.
- f. Half of grains must be whole grain-rich.
- g. There is no meat/meat alternate requirement. Schools may substitute 1.0 oz eq of meat/meat alternate for 1.0 oz eq of grains after the minimum daily grains requirement (1.0 oz eq) is met.
- h. Unflavored or flavored fluid milk must be low-fat (1%) or fat-free (skim).
- i. The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- j. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Sodium Target 1 (shown) is effective through SY 2023-2024.
- k. Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.